



HERITAGE

Here for each other, call 978-674-4131 to stay in touch.

Aquí estamos una para el otro. Llame al 978-674-1168 para mantenerse en contacto.

Aqui um para o outro, chama 978-674-1167 para ficar em contato.

ពួកយើងនៅទីនេះសម្រាប់គ្នាទៅវិញទៅមក
សូមធ្វើការហៅទូរស័ព្ទមកលេខ 978-735-9247 ដើម្បីរក្សាទំនាក់ទំនង។

Tunawatakia kila la kheri. Tuna wakumbusha pia tuko hapa kwa ajili yenu. Tuwasiliane kwa simu numba 978-674-1174. Asanteni!

Lowell residents: If you are age 65+ or have 2 conditions that qualify for COVID vaccine, and you are having trouble scheduling a vaccine appointment, please call 978-674-4131 to join our phone list. We will notify you when appointments are open and help you register over the phone if needed.

If you are homebound and unable to come to a vaccine site, please let us know at 978-674-4131. As of March 1 there are no home-visit vaccines available but we will work with the City of Lowell Health Department and other partners to find options for you.

Spanish: Residentes de Lowell: Si tiene más de 65 años o tiene 2 condiciones que califican para la vacuna COVID, y tiene problemas para programar una cita con la vacuna, llame al 978-674-4131 para unirse a nuestra lista telefónica. Le notificaremos cuando las citas estén abiertas y le ayudaremos a registrarse por teléfono si es necesario.

Si está en casa y no puede venir a un sitio de vacunación, háganoslo saber al 978-674-4131. A partir del 1 de marzo no hay vacunas de visita a domicilio disponibles, pero trabajaremos con el Departamento de Salud de la Ciudad de Lowell y otros socios para encontrar opciones para usted.

Portugues: Residentes de Lowell: Se tiver 65 anos ou tiver 2 condições que se qualificam para a vacina COVID, e estiver com dificuldades em registrar uma consulta de vacina, por favor ligue para o 978-674-4131 para se juntar à nossa lista telefônica. Vamos notificá-lo quando as consultas estiverem abertas e ajudá-lo a registrar-se pelo telefone, se necessário.

Se estiver em casa e não puder ir a um local da vacina, por favor, informe-nos pelo 978-674-4131. A partir de 1 de março não existem vacinas de visita domiciliária disponíveis, mas trabalharemos com o Departamento de Saúde da Cidade de Lowell e outros parceiros para encontrar opções para si.



សម្រាប់អ្នករស់នៅទីក្រុងឡូអ៊ែល៖ ប្រសិនបើអ្នកមានអាយុ ៦៥ ឆ្នាំឡើងទៅ ឬមានលក្ខខណ្ឌ ២ដែលមានលក្ខណៈសម្បត្តិគ្រប់គ្រាន់សម្រាប់ការចាក់ថ្នាំបង្ការ ឬ វ៉ាក់សាំងការពារជំងឺកូវីដ ហើយអ្នកមានបញ្ហាក្នុងការធ្វើការណាត់ជួបសម្រាប់ការចាក់ថ្នាំបង្ការ ឬ វ៉ាក់សាំងនោះ សូមទូរស័ព្ទទៅលេខ ៩៧៨-៦៧៤-៤១៣១ ដើម្បីចុះឈ្មោះក្នុងបញ្ជីឈ្មោះតាមទូរស័ព្ទរបស់យើង។ យើងនឹងជូនដំណឹងដល់អ្នកនៅពេលដែលការណាត់ជួបត្រូវបានបើកឬអាចនឹងមានឡើង ហើយយើងនឹងជួយអ្នកចុះឈ្មោះតាមទូរស័ព្ទផងដែរប្រសិនបើតម្រូវ។

ប្រសិនបើអ្នកមានបញ្ហាមិនអាចចេញពីផ្ទះបាន និង មិនអាចមកកន្លែងចាក់ថ្នាំបង្ការ ឬវ៉ាក់សាំងបាននោះ សូមប្រាប់មកកាន់យើងតាមលេខទូរស័ព្ទ ៩៧៨-៦៧៤-៤១៣១ ។ គិតមកត្រឹមថ្ងៃទី ១ ខែមីនាមិ មិនមានការចុះចាក់ថ្នាំបង្ការឬវ៉ាក់សាំងនៅតាមផ្ទះទៀតនោះទេប៉ុន្តែយើងនឹងធ្វើការជាមួយនាយកដ្ឋានសុខាភិបាលសាលាក្រុងឡូអ៊ែល និងដៃគូផ្សេងទៀតដើម្បីស្វែងរកជម្រើសសម្រាប់អ្នក។

CITY MANAGER

Eileen Donoghue

Assistant City Manager

Kara Keefe-Mullin

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John J. Leahy

Vice Chair

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* * * * *

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John Drinkwater

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Vesna Nuon

Daniel Rourke

William Samaras

**City of Lowell
Veterans Services****Director / Agent**

Eric Lamarche

ELamarche@lowellma.gov

Office Hours:**8:00 A.M. - 4:00 P.M.
Monday - Friday**

Tel: 978-674-4066

Fax: 978-446-7270

Library Senior Center Branch

978-674-1177

Open for computer use
by appointment.**LOWELL
SENIOR CENTER****276 Broadway St
Lowell, MA 01854****978-674-4131**~~~~~
Monday–Friday:
7 am to 3 pmSaturday–Sunday:
Open for meals onlyDaily Takeout Breakfast:
7:00-9:00 amDaily Takeout Lunch:
10-11:30 am~~~~~
Director: Lil Hartman**Receptionist:** Tara Donnelly**Events:** Carol Lannan**Outreach Team**Amy Leal 978-674-1167
(Portuguese, Spanish)Gladys Rosa 978-674-1168
(Spanish)Eunice Wanjiru 978-674-1174
(Swahili)Seila Chuop 978-735-9247
(Khmer, Korean)**COUNCIL ON AGING
BOARD OF DIRECTORS***Andrew Hostetler, Chair**Joyce E. Dastou**Mary Donnelly**Beverly Gonsalves**John R. Lawlor**Vincenzo Milinazzo**Anne Marie Porter**(Vacant)**(Vacant)*
~~~~~**Next meeting: Monday,  
April 12 by conference call  
at 9:00am****Lowell Health Department**

978-674-4010

For Questions about COVID-19.

Prefer reading  
*The Heritage Newsletter*  
online?Visit: [www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)*Join our e-mail list for weekly  
updates about events, and a notice  
when the newsletter is available  
online.**Please call 978-674-4131 to share  
your email address with us.***Lowell City Hall and other City buildings opened to the public on Monday,  
March 1, 2021.**The City of Lowell urges residents and other individuals seeking to attend to City-related business continue to do so remotely when possible: online, by phone, through the mail, or by using the City's secure drop box located at City Hall's entrance at JFK Plaza. Common City services, including bill payments and vital records requests, can be accessed online at [lowellma.gov/paybills](http://lowellma.gov/paybills).





# Happy Spring!

Starting March 1, the Senior Center is open to the public. Our Fitness Room is available by appointment for people age 60+ and you can stop by to ask questions or meet with staff. If you have not visited since the pandemic began, you will need a doctor's release to use the gym. Masks are required at all times, and the fitness room is larger to allow social distancing.

The most important job we are doing is vaccine clinics for Lowell residents, and the dining room will stay closed for now. We continue to offer takeout meals at our dining room window, including special lunches for holidays. We also offer a Brown Bag grocery program, assistance with SNAP applications, and Grocery Shopping trips. Grocery trips are only \$1 and offer a convenient option.

It feels like not only spring weather, but a fresh beginning of post-COVID life is about to bloom here and around our community. The senior center team is grateful that we are here to experience it together! ~ Lil



## AARP Foundation Tax Program

AARP Foundation Tax-Aide volunteers are planning to return to prepare tax returns at the Senior Center in 2021 pending approval by the City of Lowell. Due to COVID-19 restrictions, however, there will be some changes. For the safety of our taxpayers and volunteers, we will no longer prepare the returns on the spot, sitting with the taxpayers. Instead, a small team of volunteers will conduct a short interview with each taxpayer and scan all their documents, returning the original documents to the taxpayer.



We will schedule a second appointment, on another day, for the taxpayers to return to review, sign, and pick up their returns. While we understand that having to make two trips is inconvenient, this process will minimize contact between the volunteers and taxpayers.

Note that with the COVID-19 related limitations/restrictions, we will not be able to prepare as many returns as we have done in the past and may refer taxpayers with more challenging returns to paid preparers. To schedule an appointment, call or text **978-710-8607** or visit [aarp.org](http://aarp.org) and search Tax-Aide Locator to make your own appointment online.

## Get Fit, Stay Fit from Home

On Lowell cable Channel 8 or [www.LTC.org](http://www.LTC.org)

Yoga Mondays 1:30

Lowell Senior Center "On the Move" Tuesday 1:30pm

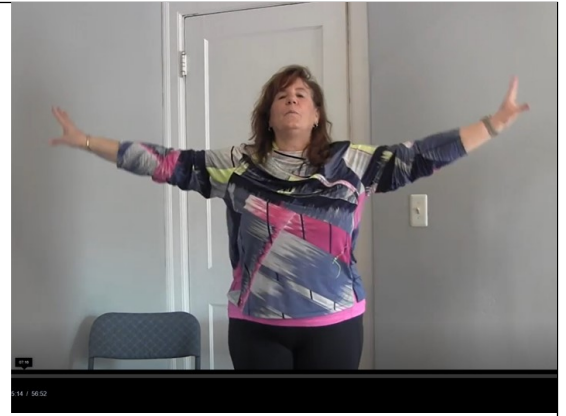
Young at Heart Wednesdays at 3pm

Tae Kwon Do Wednesday 8pm

Recovery Fitness Wednesday 8:30pm

On the Move, Friday 3pm and Saturday 10:30am

Seniorcize, Saturday 3pm



Our very own Marian Silk has recorded 8 sessions for her class participants and new members to join in! Please mark your "attendance" by calling in, 978-674-4131.



## On the Move ... In The Park

Mondays 10:30 am  
Tuesdays 11:00 am  
Wednesdays 12:30 pm  
Fridays 10:30 am

Beginning in April 1 (weather dependent), Marian Silk is excited for you to work-out with her in the park! Join us at Callery Park ... corner of B Street and Parker Street in Lowell near the Lowell Catholic Schools.

Off-street parking is available!  
\$16/4 class session

We have limited class size for COVID safety. If you would like to join the class, please call Carol at 978-674-1169.

## CTI Bone Builders

Jean Jacoppi, a leader of Bone Builders at Tyngsboro Senior Center, has created a video for all to access through Youtube. Simply search for: **Crystal Lake RV Bone Builders**. The video is in two parts. All are welcome to exercise to it. Comfortable Weights are necessary.



*Living My Dream Yoga*

**Christine Connolly RN, BSN**

500 hr Kripalu Yoga Teacher

Reiki II Practitioner

[www.livingmydreamyoga.com](http://www.livingmydreamyoga.com)

Zoom Classes ... Tuesdays 10:00 am ... Free

Donna Miceli presents  
**Dance MOVES  
 for PD**

**COME DANCE WITH US AT HOME!**

DMDC is thrilled to offer live streamed classes on Zoom designed for People with Parkinson's and other persons with mobility challenges, including all seniors. Care partners are also invited to share in the experience.

*Dance MOVES is a FREE and donation-based program.*

**BI-MONTHLY ON THE  
 2ND AND 4TH  
 TUESDAYS @11AM  
 THROUGH JUNE 2021**

Register for Dance MOVES class here:

<http://bit.ly/DncMOVES>

AND contact Donna Miceli via email  
[miceli.dmdc@gmail.com](mailto:miceli.dmdc@gmail.com).

Facebook: @danceMOVESforPD

*This program is supported in part by a grant from the Lowell Cultural Council, administered by the Mass Cultural Council.*





## **Foot Clinic** with Diane Stanley, RN

Thursdays,  
March 18th & April 15th  
9:00am – 12:00pm

\$30.00 fee

A Total Foot Care appointment including: foot assessment, toenail trimming and filing, reduction of nails/corns/calluses as needed, education to help maintain self-care, and a relaxing foot massage.



Call for appointments:  
978-674-1167

2nd Floor  
Nurse's Station

## **FREE Fitness Room**

Weekdays by appointment  
Limited capacity for social distancing  
Call 978-674-4131

### **Required:**

- Lowell residents age 60+
- Sneakers
- Doctor's release note dated July 1, 2020 or later



## **Need assistance with Medicare?** **SHINE can help!**

SHINE = Serving Health Insurance Needs of Everyone...on or eligible for Medicare.

Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Medicare Advantage  
Open Enrollment Period

Ends on March 31

If you are enrolled in a Medicare Advantage Plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare (and join a separate Medicare drug plan) **once** during this time.

### **What **can** I do?**

\* If you're in a Medicare Advantage Plan (with or without drug coverage), you can switch to another Medicare Advantage Plan (with or without drug coverage).

\* You can drop your Medicare Advantage Plan and return to Original Medicare. You'll also be able to join a Medicare drug plan.

### **What **can't** I do?**

\* Switch from Original Medicare to a Medicare Advantage Plan.

\* Join a Medicare drug plan if you're in Original Medicare.

\* Switch from one Medicare drug plan to another if you're in Original Medicare

Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone only. Please call 978-946-1374 or email [lowellmashine@gmail.com](mailto:lowellmashine@gmail.com) and leave your name, phone number, and address for more information.

*Join us for*

# A VIRTUAL MEMORY CAFÉ

FEATURING LIVE  
ENTERTAINMENT!

## WHAT IS A MEMORY CAFÉ?

A place where people with memory loss and their caregivers can be themselves, share stories and discover helpful hints in a supportive, safe and fun environment.

## WHERE AND WHEN?

- Virtual cafés will occur monthly on the 3rd Thursday of the month
- 10:00 AM-11:00 AM
- Via ZOOM

## REGISTRATION IS FREE AND EASY

- Registration is required for this event.
- Please RSVP to Candace Walker by calling 1-978-569-1016 or emailing [memorycafé@dyouville.org](mailto:memorycafé@dyouville.org)
- Register no later than the Monday before the café to reserve your space and receive your ZOOM link.



## Senior Transportation

Please call 978-674-4131 if you need a \$1 ride to the grocery store. On grocery trips, attendance will be limited to 4 riders per trip. Please space yourself with at least one empty row of seating between you and the next person and return to the same seat for your return trip. Buses are sanitized after each round-trip.

We do not offer a lunch bus to the senior center at this time. If you need hot meals made for you, please sign up for Meals on Wheels at







## **Become a Lowell Senior Center Phone Pal**

During this time we are all feeling isolated by the pandemic of COVID-19. By simply offering a fellow senior a friendly call for social support, we can make a difference within our community. By keeping spirits up we are inviting those who are interested in the Phone Pal Program to please contact the senior center.

Please reach out to Gladys at 978-674-1168 or by email at [Crosa@lowellma.gov](mailto:Crosa@lowellma.gov)

In the email please state your name, contact information, availability and interest. |

## **Beginner painting class with art instructor Lolita Demers in your home on LTC Channel 8!**

We have class materials available for pickup at the senior center, \$2 suggested donation. Please call 978-674-4131 to register and collect your painting kit. We will provide a schedule for when to catch the class on TV, and YouTube link if you prefer.

**Pictured: Lolita's bottle painting class at the Senior Center, Oct. 2019**

*This program is supported in part by a grant from the Lowell Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.*



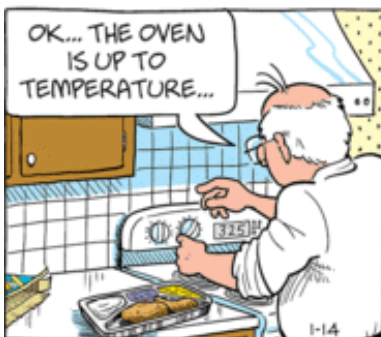
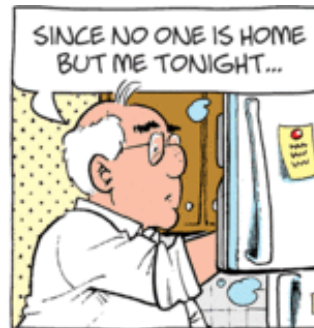


# Trees

willow  
 aspen  
 birch  
 maple  
 cherry  
 walnut  
 spruce  
 oak  
 beech  
 sassafras  
 sycamore  
 hawthorn  
 hemlock  
 chestnut  
 cottonwood  
 elm  
 pine

C T C G B Y N C K S W A L N U T M T W O  
 R G L I R Y H E L C A O Z C A L A C S Z  
 T C R R M E Y W P G O S A N E R P O Y E  
 A C E P S X G B A S C L S K P N L P C C  
 H H A T C K I T Z X A Q M A T L E U A E  
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 W U K V H T X B I G R L O W H R B P O U  
 T M K Y U U X E D T D N E K E T A O R R  
 U K W Z W O T C O T T O N W O O D S E P  
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 S A T X W I B O J X K T L Q I U I P W A  
 D C Y I J C C G Q N I K B Z G B U P A I

Laura Kelly Designs



# Lunch Menu: March-April 2021

March/April 2021

| Sunday                                                                | Monday                                                                       | Tuesday                                                                     | Wednesday                                                                          | Thursday                                                                         | Friday                                                                                    | Saturday                                                                   |
|-----------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| 14.<br>American Chop<br>Suey<br>Salad<br>Pudding                      | 15.<br>Chili Con Carne<br>Rice<br>Broccoli<br>Apricots                       | 16.<br>Chicken Scampi<br>Egg Noodles<br>Peas, Scallions<br>Pears            | 17.<br><b>Corned Beef<br/>Cabbage Turnip<br/>Potato<br/>Cake</b>                   | 18.<br>Chicken Lo Mein<br>Bok Choy<br>Peapods<br>Banana Pudding                  | 19.<br>Seafood<br>Casserole<br>Shrimp, Potato<br>Broccoli<br>Oranges                      | 20.<br>Chicken Parm.<br>Pasta<br>Peas<br>Brownie                           |
| 21.<br>Mac & Cheese<br>Chicken Nuggets<br>Salad<br>Peaches            | 22.<br>Liver & Onions<br>Spinach<br>Potato<br>Watermelon                     | 23.<br>Roast Pork<br>Egg Noodles<br>Mixed Veggies<br>Cantaloupe             | 24.<br>Stuffed Chicken<br>Breast<br>Potato Stuffing<br>Green Beans<br>Strawberries | 25.<br>Stuffed Cabbage<br>Potato ,Rice<br>Peas<br>Apple                          | 26.<br>Baked Pollack<br>Rice, Carrots<br>Chocolate<br>Cake                                | 27.<br>Meat Ball Sub<br>Potato Salad<br>Salad<br>Pears                     |
| 28.<br>Beef Stew<br>Potato, Carrots<br>Onion, Celery<br>Pineapple     | 29.<br>Stuffed Peppers<br>Rice, Potato<br>Calif. Blend<br>Veggie<br>Apricots | 30.<br>BBQ Chicken<br>Potato Salad<br>Cole Slaw, Corn<br>Watermelon         | 31.<br>Veggie Lasagna<br>Chicken Nuggets<br>Spinach ,Zucchini<br>Pudding           | 1.<br>Hot Dogs<br>Pasta Salad<br>Cucumber Salad<br>Fruit Cup                     | 2.<br>Baked Pollack<br>Potato, Corn<br>Berries                                            | 3.<br><b>Easter Special<br/>Ham Dinner<br/>Potato<br/>Carrots<br/>Cake</b> |
| <b>Closed<br/>for Easter</b>                                          | 5.<br>Chicken Stew<br>Potato<br>Carrots ,Celery<br>Onions<br>Apple           | 6.<br>Spanish Chicken<br>Potato, Rice<br>Carrots, Onions<br>Olive<br>Cookie | 7.<br>Cheese Ravoli<br>Meat Sauce<br>Salad<br>Pineapple                            | 8.<br>Spanish Pork<br>Rice, Carrots<br>Cake                                      | 9.<br>Baked Seafood<br>Medley<br>Egg Noodles<br>Peas<br>Banana                            | 10.<br>Pork Chop<br>Mashed Potato<br>Mixed Veggies<br>Blueberries          |
| 11.<br>Chicken<br>Sandwich<br>Potato Salad<br>Cole Slaw<br>Watermelon | 12.<br>Mac & Cheese<br>Chicken Nuggets<br>Broccoli<br>Pudding                | 13.<br>Sausage Sub<br>Egg Noodles<br>Carrots<br>Orange                      | 14.<br>Herb Chicken<br>Garlic Noodles<br>Carrots<br>Cantaloupe                     | 15.<br>Turkey Dinner<br>Mashed Potato<br>Gravy, Squash<br>Stuffing<br>Applesauce | 16.<br><b>Khmer New Year<br/>Restaurant<br/>Special Lunch</b>                             | 17.<br>Chicken Ala King<br>Rice<br>Mixed Veggies<br>Pears                  |
| 18.<br>Shepherds Pie<br>Salad<br>Fruit Salad                          | <b>Closed<br/>for Patriot's Day</b>                                          | 20.<br>Stuffed Peppers<br>Carrots<br>Potato<br>Cookie                       | 21.<br>Chicken Parm<br>Green Beans<br>Pineapple                                    | 22.<br>American Chop<br>Suey<br>Mixed Veggie<br>Pears                            | 23.<br>Tuscan Pollack<br>Rice<br>Collard Greens<br>Peaches                                | 24.<br>Chicken Alfredo<br>Broccoli<br>Ziti<br>Cookie                       |
| 25.<br>Cheese Burger<br>French Fries<br>Lettuce, Tomato<br>Cake       | 26.<br>Oven Fried<br>Chicken<br>Rice Pilaf<br>Broccoli<br>Oranges            | 27.<br>Liver & Onions<br>Mashed Potato<br>Collard Greens<br>Apricots        | 28.<br>Chicken Scampi<br>Pasta<br>Tomato, Peas<br>Onions<br>Pears                  | 29.<br>Cheese Steak Sub<br>Roasted Potato<br>Salad<br>Apple                      | 30.<br><b>Polish Plate<br/>Kielbasa<br/>Egg Noodles<br/>Potato Pierogi<br/>Cherry Pie</b> |                                                                            |

**Breakfast Daily 7-9am, Lunch Daily 10-11:30am (\$2.50 donation appreciated)**

*Menu subject to change based on food availability. All lunches are served with milk and bread. A soup of the day will be available frequently during the colder months. Do you like a particular menu item, or have a recipe to share? Please call us at 978-674-1170 to provide feedback or email [jwilkins@lowellma.gov](mailto:jwilkins@lowellma.gov)*



Wednesday, March 17th

**St Paddy's Day Feast**  
Corned Beef Dinner



Everyone's Irish  
On March 17th.



**Saturday, April 3rd**

Easter Ham Dinner

Friday, April 30th

**Polish Dinner**  
Kielbasa and Pierogi



Happy  
MAY 3RD  
CONSTITUTION  
Day!

**Friday, April 16**  
at the Senior Center dining window  
276 Broadway St, Lowell

Takeout lunch for age 60+  
Cambodian restaurant food

First Come First Serve  
(while it lasts) starting at 10 am



**KHMER  
NEW  
YEAR**

Sponsored by Greater Lowell Community Foundation as part of a Senior Center outreach grant.

A commitment to care. A legacy of compassion. This is D'Youville.



**Short-term Rehabilitation • Long-term Care • Independent Senior Apartments**  
**Adult Day Health • Alzheimer's and Dementia Care • Hospice**  
Most insurance plans accepted

(978) 569-1000

981 Varum Ave. • Lowell, MA

www.dyouville.org

The Greater Boston  
**FOOD  
BANK**



**BROWN  
BAG**

A distribution of pre-bagged groceries

In partnership with

Elder Services of the Merrimack Valley, Inc.



**DATES: 4<sup>th</sup> Tuesday**

**January 26, 2021**

**February 23, 2021**

**March 23, 2021**

**FOR INFORMATION,  
CONTACT:**

Laura Marsan  
(978) 946-1303  
Justin Jordan  
(978) 946-1279

**Please bring reusable  
bags, baskets, or a cart  
to carry your food.**

MEMBER OF  
**FEEDING  
AMERICA**

**First Lowell Rehab Apartments**

Effective July 1<sup>st</sup>, 2018, the waiting list for our 2 & 3 bedroom units is now open. Applicants are placed on a waiting list according to the date and time the application is received. All utilities are included. Income restrictions apply. Section 8 vouchers accepted.

Our property is conveniently located near Route 3, Interstate 495 and public transportation. Applications may be picked up at Wingate Management Co., 16 Middle Street, Lowell MA 01852, by calling 978-459-3631 or e-mail Lowell@wingatecompanies.com



# Need help with technology?

## Finding resources is easy as 1-2-3!

The Pollard Memorial Library has several new online tech resources:

### Tech @ Home:

The library's website page devoted to online tutorials for new and intermediate computer users. Find it here: <https://lowelllibrary.org/services/tech-home/> Here you will find links to online tutorials and exercises as well as handouts for the library's technology workshops.



### Low-Cost Internet Access

Comcast offers a \$10/month internet package for income-eligible households, as well as low-cost laptop or desktop computers. First 60 days of internet access are free. Learn more at [internetessentials.com](http://internetessentials.com)

Xfinity wi-fi hotspots around the community are free to the public through 2020 due to the pandemic. Find your nearest hotspot on their interactive map at <https://wifi.xfinity.com/>

Assurance Wireless 1-888 321-5880 and Safelink Wireless 1-800-723-3546 offer free cell phones with data plans for income-eligible households.

## FREE KINDLE LOAN PROGRAM

If you would like to participate in a web-based class but don't have a computer or smartphone, we can lend an Amazon Kindle for 30-day periods for you to take home.

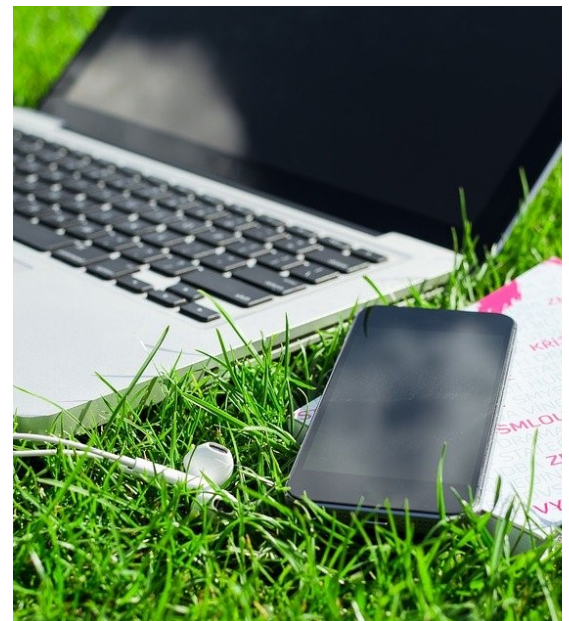
Some tech support may be available through the Library or volunteers, please let us know what help you need.

You will need to have your own internet access from home, public hotspots, or the Senior Center.

Income eligible households may qualify for \$10/month internet service through [internetessentials.com](http://internetessentials.com).



Try  
something  
NEW





Here are some important numbers for managing food security and stress in this difficult time:

### **Cash Assistance DTA Applications**

can be filed (started) online at DTACConnect.com (click the blue "apply" banner). Just like with SNAP, a case manager will need to speak with the client after the application is filed.

**Meals on Wheels** (open to anyone over 60 regardless of health): 1-800-892-0890

**Project Bread Food Source Hotline** 1-800-645-8333

**Merrimack Valley Food Bank Mobile Pantry Program:** 978-454-7272

**Manage Anxiety & Stress:** Need Help? Know Someone Who Does? Contact the Disaster Distress Helpline at 1-800-985-5990

**National Suicide Prevention Lifeline** 1-800-273-8255: Provides free and confidential support 24/7 for people in distress and crisis...

**FUEL ASSISTANCE** for income eligible families can be accessed through Community Teamwork 978-459-6161. Income limits for 2020-2021 are \$39,105/year for a single person, \$51,137/year for a 2-person household.

## **Access YOUR Veterans Benefits!**

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a needs-based program of financial and medical assistance for indigent veterans and their dependents.

Qualifying Veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased Veterans are provided with the same benefits as if the Veteran were still living.

If you need more information please contact your Veterans' Services Officer, Eric Lamarche by email at [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov) or by phone at 978-674-4066. Eric can also assist veterans in applying for VA assistance.



### **Senior Abuse Hotline Number**

To report suspected elder abuse, call: 1-800-922-2275

### **Elder Services of Merrimack Valley & North Shore**

Meals on Wheels, Assistance with Home Care, Case Management, Support for Seniors and Caregivers, Prescription Advantage 1-800-892-0890

### **Legal Services Assistance & Referrals**

1-800-342-5297

### **Fuel Assistance**

978-459-6161

### **DTA Hotline (SNAP/Food Stamps)**

Direct line for seniors: 1-833-712-8027

### **MassHealth**

1-800-408-1253

### **Social Security Administration**

1-800-772-1213

### **Medicare**

1-800-633-4227

## Respiratory Health Research Program

- Do you have asthma?
- Have you had asthma as an adult?
- Are you 55 years old or older?
- Do you live in public or private elder housing & have a gas stove?



- Does the person living with you have asthma?
- Has the person had asthma as an adult?
- Is the person 55 years old or older?
- Does the person live in public or private elder housing in Lowell & have a gas stove?

**Participate in the UMass Lowell Healthy Homes Program and you may qualify for:**

- A **FREE** home assessment on air quality and other asthma triggers
- Educational visits from Community Health Workers in English, Spanish, or Khmer
- Items to reduce asthma symptoms such as; air purifiers, a HEPA vacuum, mattress covers, cleaning products, storage

**For more information contact Carla Caraballo at 978-996-6626.**



In partnership with Lowell Housing Authority and Lowell Community Health Center.  
IRB #: 17-010-TUR-XPB  
Approved on: 01/25/2021

## Coming Out Across the Generations



Please join us to hear stories of coming out and experiences shared by people across the generations. There will also be time for discussion.

Program facilitated by: Bob Linscott, LGBT Aging Project

**Date: March 25, 2021**

**Time: 5:00pm-6:30pm**

**Place: Zoom link will be sent upon receipt of RSVP**

**RSVP: Amy DeMichele at the Littleton COA  
ademichele@littletonma.org or 978-540-2472**



### BOARD OF DIRECTORS

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#### **VICE PRESIDENT**

Rita M. Mercier

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Jacqueline Denison

#### **DIRECTORS**

Ken Ashley

Lenny Gendron

Beverly Gonsalves

Joe Peirce

Doris Santos

~~~~~  
Office: 978-674-1175
~~~~~

**Friday, March 26  
at 9:30 am**

## WE CARE ABOUT YOU.

Since we aren't able to visit you in person right now, many community members have created Video Visits for you. To watch, use any computer or device and type in

[www.bit.ly/SeniorVisits](http://www.bit.ly/SeniorVisits)





## **2021 Friends of Lowell Council of Aging Membership Drive**

Thank You for your interest in being a part of the Friends of the Lowell Council on Aging. FLCOA is the fundraising group for the Lowell Senior Center. Annual Fee is \$5 Per Person and membership includes voting rights. Meetings are held on the last Friday of the month at 9:30 a.m.

***Membership dues and nomination papers must be in by March 26 for board candidates.***

Applicant

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Please return this form to:

Friends of LCOA  
276 Broadway Street  
Lowell, MA 01854

Are you interested in volunteering with the Friends Board, fundraising, or Bingo?

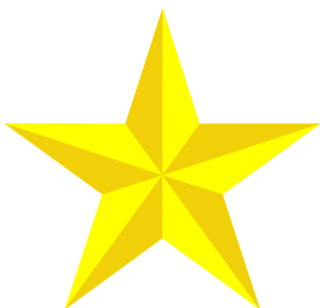
What are you most looking forward to when the Senior Center reopens?

The cost is \$5 per calendar year. Any additional donations are gratefully accepted.

☐ I am enclosing a check for membership, \$5 / person.

☐ I am enclosing an additional donation of \$ \_\_\_\_\_ to support the Lowell Senior Center.

We are an organization whose purpose is to organize and operate charitable events, development of endorsements and contributions that will enhance the services and fellowship for seniors through the Lowell Council on Aging.



Friends Lowell Council On Aging Election  
Wednesday, April 28, 2021 ... 10:00 am to 2:00 pm  
Nomination Papers Deadline:  
Friday, Mar. 26, 2021  
Call the Senior Center For Nomination Forms

**FRIENDS OF LOWELL COUNCIL ON AGING  
276 BROADWAY ST  
LOWELL MA 01854**

**Board Nomination Form for All POSITIONS:  
PRESIDENT, VICE PRES, SECRETARY, TREASURER, and 5 DIRECTORS**

**Due March 26, 2021 to be listed for  
Wednesday, April 28th 2021 ELECTION**

Candidate Information:

Name: \_\_\_\_\_

Home address: \_\_\_\_\_

Contact phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Employment/Position: \_\_\_\_\_

Education: \_\_\_\_\_

NOMINATED FOR 2 YEAR TERM S:

1. PRESIDENT \_\_\_\_\_

2. VICE PRESIDENT \_\_\_\_\_

3. SECRETARY \_\_\_\_\_

4. TREASURER \_\_\_\_\_

5. ONE OF FIVE DIRECTORS \_\_\_\_\_

\*\*\* MUST BE RETURNED BY: FRIDAY, MARCH 26th 2021 \*\*\*

Submitted by:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Has this person been contacted to determine their interest in being nominated? Yes \_\_\_ No \_\_\_

If "yes," would he/she be willing to serve if elected? Yes \_\_\_ No \_\_\_

***Friends Board elections are scheduled for Wednesday, April 28. Ballots will be mailed to all people whose 2021 Friends membership dues are received by March 26. Ballots can be mailed in to the Friends (must be received by April 28), or they can be dropped off at the senior center between 10am and 2pm on April 28.***

## MARKET MILL APARTMENTS

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We are accepting applications for elderly and mobility impaired persons for 1 and 2 bedroom apartments. You must be at least 62 years of age to be eligible. All rents are based upon your income.

We offer:

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Please call for application to be mailed to you or please apply at our office: 246 Market St., Lowell, MA

Managed by: Peabody Properties, Inc. TDD# 1-800-439-2370



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Accepting applications for the waitlist  
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Must income qualify.

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For info contact

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tty 800-439-2370



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Privately owned building in historic section of downtown Lowell.

Studio & one bedroom apartments.

Specially designed for people 62 years old and over and for handicapped/disabled individuals who are 18 years old and over.

Income requirements, please call for more info.

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**TDD: 1-800-439-2370**

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Elderly age 62 and over or those requiring a mobility  
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Management Office:  
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TTY: 711 National Voice Relay

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Sarah Coletti at 978.382.8741 or [scoletti@egmcare.com](mailto:scoletti@egmcare.com)

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Lowell Office  
Across the Senior Center  
978-452-6633

Chelmsford Office  
227 Chelmsford Street  
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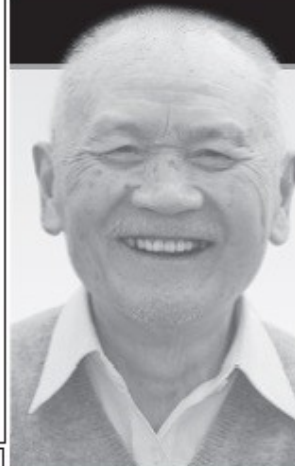
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# The Syringe Collection Program



If you see a Syringe/Sharp in public, please **do not** attempt to pick it up. Please call the Lowell Health Department at **(978) 674-1049** to arrange for collection & disposal.

## Lowell Health Department Syringe Collection Program Hours:

Monday: 8:00 am - 4:00 pm  
Tuesday: 8:00 am - 7:00 pm  
Wednesday: 8:00 am - 4:00 pm  
Thursday: 9:00 am - 4:00 pm  
Friday: 8:00 am - 12:00 pm



To report discarded needles after program hours, please call the Lowell Police Department non-emergency line at (978) 937-3200.  
*Do not call Trinity EMS.*